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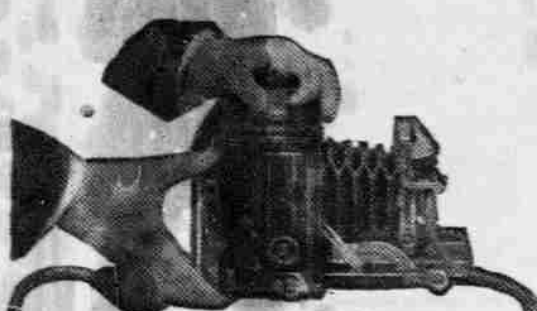
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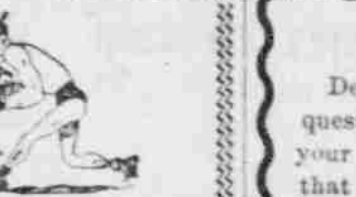
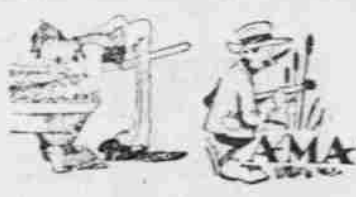
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OUTRIGGER CLUB IS ORGANIZED

Surfers Begin Revival Work With Over a Hundred Members.

About forty members attended the first meeting of the Outrigger Club at the Promotion Committee rooms yesterday afternoon. The meeting was called to order by E. A. Mott-Smith, and on the nomination of A. L. C. Atkinson, seconded by J. F. Morgan, A. H. Ford was elected temporary chairman; R. H. Trent, treasurer, and H. P. Wood, secretary. The regular business of the organization meeting was concluded by the appointment of a committee on membership, organization and plans, the following members being named on this committee: A. H. Ford, A. L. C. Atkinson, H. R. Macfarlane Jr., L. E. Pinkham and E. H. Hand. An adjournment was then taken until next Monday at 1 p. m., at the Promotion Committee rooms, when the club will receive and act upon the report and plans of the special committee.

The following names were proposed for membership in the club, and enrolled as actual members in addition to the list already published:

C. A. Broderick, E. M. Watson, C. F. Chillingworth, R. W. Shingle, Wm. Roth, L. J. Lando, J. C. Cohen, E. Moor, Dr. A. C. Wall, Chester Doyle, Otto A. Bierbach, Jas. W. Harvey, Jas. A. Boyd, Wm. Savidge, Wm. Thompson, W. H. McInerney, W. H. Smith and W. King.

H. L. Herbert of the Fisherman's Club, was made a committee of one to enroll those interested in the sport of Isaac Walton, and during the afternoon secured a number of new adherents for the Outriggers.

There will be a meeting of the executive committee on Monday morning at eleven o'clock at the office of A. L. C. Atkinson, when definite plans for the management and scope of the club will be outlined and decided upon.

With considerably more than a hundred members enrolled at its first meeting, the Outrigger Club should certainly succeed in its laudible effort of reviving the Hawaiian national sport of surfboarding and canoeing, at Waikiki beach, where everyone may now have, at a cost of five dollars a year, a place to keep his surfboard or canoe—or use those of the club.

KAMEHAMEHAS TO PLAY PUNS

The interscholastic baseball season starts this afternoon. Kamehameha and Punahou are the openers. The game will be played at the Kamehameha grounds and is scheduled to start promptly at half past three. It is hoped that the teams this year will be a bit more prompt in the matter of starting the games than they were last year, very few of the games being pulled off on advertised time.

From the looks of things the Puns are being picked as easy winners of today's game. The Kams themselves are not confident of the outcome and are quoted as saying that Punahou will beat and beat them badly.

The line-ups of both teams follow: Punahou: W. Desha, lf; C. Lyman, c; A. Lowrey, 2b; J. Desha, ss; W. Lidgate, 1b; Akina, rf; W. Hoogs, 3b; D. Townsend, cf; S. Davis, p. Kamehameha: L. Kallimpehu, c; Leitchester and Lota, p; D. Murray, 1b; J. Ordenstein, 2b; W. Naeole, ss; A. Josiah, 3b; Kamalipili, cf; B. Akana, rf; Mackenzie, lf.

SAINT LOUIS BESTS HIGHS

In a game played on the Punahou grounds yesterday afternoon the Saint Louis boys put it all over the Highs by a 11-2 score. This same team defeated the Punahou aggregation lately. The winners sport a fast team and yesterday's game showed them to be faster than ever, while the game the Highs put up proved that they are sadly in want of practise.

For the winners, Ayau and Espinda excelled in the infield. Hoopal swatted well, and made easy three-baggers.

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Espinda and Markman had a magnificent double play put to their credit.

The Highs had two pitchers in the box and doubled up considerably in the other positions with hopes of making a better showing. But all the men the High aggregation shoved in could not stem the tide of runs which the young Saints were making and the Highs started out with a bad loss to their credit. Only in the fourth and fifth innings did the Highs score, and then with but one in each. Louis and Chee made some costly errors for the losers.

The line-ups of both the teams which played yesterday are as follows:

High School—Gilliland, c; Rice, Chillingworth, p; Andrews, 1b; Chillingworth, Rice, 2b; E. Davis, ss; Chee, 3b; Norton, cf; Sing Hun, Pall, rf; Ahana, Marcellino, lf.

St. Louis—English, c; Honon, p; Espinda, 1b; Markham, 2b; Ayau, ss; Clemens, 3b; Arcia, cf; Akana, rf; Hoopal, lf.

The score by innings:
1 2 3 4 5 6 7 8 9
St. Louis 2 0 1 4 1 0 2 1 0—11
High School 0 0 0 1 1 0 0 0 0—2

PARADE OF RIVERSIDERS

An event of unusual interest in baseball circles is the parade next Sunday afternoon in which the officers and members of the Riverside Baseball League will participate, headed by the Hawaiian band.

All of the members will assemble in full dress baseball uniform at the Aala grounds at 1 p. m. where the opening of the league will take place with ceremonies prepared for the occasion by the members of the committee on arrangement, consisting of Hon. S. P. Correa, B. H. Kelekolo and A. K. Vierra.

The League will be represented by the following teams: Palamas, Chinese Athletics, Chinese Alohas, Kaalas and Japanese A. C.

The League at present is made up of a contingent of players that can show up with as good a roster as can be had on the islands, and at the close of the series a picked team from the league will play the champions of the Senior League, if the proper arrangements can be made.

The opening game between the Palamas and Kaalas will be of great interest, as the latter team, managed and captained by Joe Leal and N. Hoopli respectively, was selected with the greatest of care in order to carry off the championship laurels this season. A lineup of seven left-handed batters will perplex Chas. Pauluh, the crack pitcher who carried the Palamas to victory through his fine twirling last year.

The Kaalas have for their star artist, Antone Medeiros, who is making quite a record for himself in mastering the sphere, in baseball.

The second game between the Chinese Alohas and Japanese A. C. will also be a rival contest, as the Sons of Nippon, though last on the list in 1907, will not be caught napping this time, as the champion pitcher of the league, Jack Flores, and his aggregation are going to get in and make a hard struggle for the highest goal, the championship. Chairs will be placed on the grounds for the accommodation of spectators, for the sum of ten cents each, money which goes to help pay the great expense of carrying on the big games.

This department will be in charge of the League manager, Robert Asam, who has faithfully served the League in the past in the same capacity.

CRICKET SEASON OPENS TODAY

There will be cricket practise at the Makiki nets this afternoon from two o'clock onwards. It is hoped that a good turnout of the players will be there, promptly, as this will be the only opportunity for limbering up that the players who are to oppose the Aorangi team will have.

The team which is to defend the honor of Hawaii will be chosen from the following players:

R. Anderson, captain; H. M. Ayres, S. Beardmore, D. Brown, L. G. Blackman, R. J. Buchly, J. L. Cockburn, R. R. Catton, J. H. Fiddes, T. Gill, P. J. Harwood, R. A. Jordan, J. R. Maclean, J. C. McGill, C. P. Morse, W. L. Stanley.

The form displayed in practise today will be an important factor in the final selection of the eleven. Other cricketers in the city are invited to attend and make themselves known.

KAPIOLANI LEAGUE SCHEDULE ARRANGED

A schedule for the rest of the games of the first series which the Kapiolani Baseball League will use has been rearranged. The teams which will take part in what is left of the schedule follow:

April 26—Highlands vs. Reliance; Y. I. W. vs. Leahis.
May 3—Leahis vs. Twilights; Y. T. W. vs. Highlands.
May 10—Reliance vs. Y. T. W.; Highlands vs. Twilights.
May 17—Leahis vs. Highlands; Twilights vs. Reliance.
May 24—Twilights vs. Y. T. W.; Reliance vs. Leahis.

Today's Sports

Match race, Shamrock vs. Exchange Five, Kapiolani Park.
Opening of cricket season, Makiki.
Interscholastic baseball starts: Kams vs. Puns, Kamehameha grounds.
Final game of Miller street tennis tournament, Miller street.

Good Points of Wrestling

As a form of physical culture, wrestling has its many strong features, as opposed to the cinder path, boxing and rowing. The man who has passed the full blush of maturity has no business on the mat. It is like attempting to make a rubber ball out of a bit of pottery. It is, in a word, impossible.

The time to take up wrestling for physical benefits is during the period of adolescence. The boy of 15 to 18 is in the prime for the beginning of mat work—not for professional purposes necessarily, but for the real physical benefits it will produce. But no one who has a weak heart or a brittle makeup has any business in the game.

The amateur errs too frequently in starting in for the simple sake of victory, and the majority of trainers make a fatal mistake in roughing it with their pupils. The desire to win is, of course, inherent in all of us, but the attempt to win without evenly developed muscles capable of standing the strain is foolhardy. The average amateur wants to make a "showing" before his friends, and in his mad desire to make good he may so strain certain muscles as to put himself on the retired list for all time.

To contrast wrestling with the other sports, let us bear in mind that the mat devotee is not exposed to the severe pounding that boxing is apt to result in. Being hammered about the head, the liver, the heart and the kidneys is a good way to get early admittance to a hospital.

Rowing, sprinting and similar sports induce too many weaklings to their ranks and the emaciated appearance of these folk is proof in itself of the dangers of that class of exercise.

The young wrestler should go easy at first and continue that way until his muscular system has been matured and his body has accustomed itself to the strains of the game. Many of the holds in wrestling tend to fairly tear away the ligaments and stretch the muscles beyond their endurance. Unless the muscular makeup is attuned to this thing, something is going to snap. It is like taking a straw rope and twisting it until the strands snap as though they had been cut.

A wrestler's muscle must be developed equally in all parts. Every muscle must be kept in play, and the while the physical outfit must remain pliant, easy and loose. Training to a keen edge is also dangerous. If a man can train down to 160 pounds, let him do his wrestling at 160. That gives his muscles something to feed on and does not tax his power of assimilation to the utmost.

Again, the beginner should not attempt to do a certain amount of mat work every day. Two or three times a month is enough to begin with, and unless he gives his stomach what conduces to health he might as well quit the game entirely. Here again we find a startling contrast between wrestling and fighting. The boxer starts in at 18 to really train. At 20 he may be a champion. The wrestler starts at 18 and at 28 he is approaching the championship ranks. The average wrestler is good for twenty years; the average fighter "goes in" after five or six years. He has got his interior hammered out of shape.

The amateur should not begin by practicing for speed. When he is physically fit, speed can be taken up later. It is also advisable for the amateur to do his work with as many different opponents as possible. If these are all members of the same athletic organization they probably are all trying for the same tricks. Let outside men be included in the sport. They have different methods and their work helps the amateur to train different muscles.

If good physical condition is all that is aimed at, strenuous contests should be avoided. But in all instances the services of a good rubber should be secured. This is just as essential as hard work for muscle-building.

Wrestling is really the only sport that develops all parts of the body equally. It is one form of exercise that keeps the body supple for the greatest number of years.

Coming Events

April 26—Foursome golf tourney, Country Club.

April 26—Riverside Baseball League opens season.

April 27—Kams, vs. Highs; baseball at Kamehameha.

April 29—Kapiolani Baseball League meeting.

April 29—Cricket, H. C. C. vs. M. C. C.

April 30—Boxing, Fort Shafter. May 2—Boys' Clubs field meet.

May 2—Senior League baseball season opens.

May 2—Wrestling carnival, Orpheum theater.

May 10—Newspaper Baseball League season opens.

May 13—Invitation tourney, Bere-tania Tennis Club.

June 4—Y. M. C. A. gymnasium contests.

June 10—Hawaiian Gun Club's shoot for club championship.

June 11—Hawaiian Gun Club's semi-annual prize shoot.

June 17—Hawaiian Gun Club's unknown angles shoot.

July 3-4—Hilo races.

July 4—Maui races.

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